



**DISCOVER YOUR
HEALTH AGAIN, WITH
THESE CRUCIAL
GUIDELINES FROM IGNITE**

Guide reveals safe and effective methods you can implement to change your life...

Methods used by many who have trained with the team at Ignite

CURRENT HEALTH SITUATION

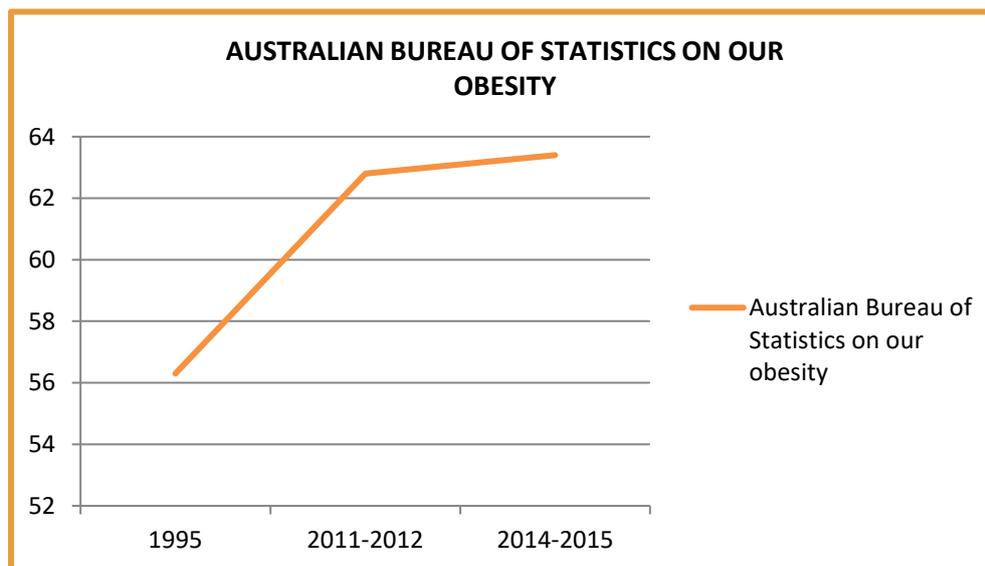
The fitness industry is an interesting beast

Couple the industry itself with the current information age we are going through, it certainly can create a lot of confusion for many

We see many fads come in and go out again and ideas once thought as gospel, dispelled, then in fact brought back in again. It's confusing to say the least our bodies are an intricate piece of machinery, which I believe we will never get a full understanding of

Nonetheless, it's my duty and mission to help as many people as possible find a better path. We deserve more clarity

QUICK FACTS ABOUT THE CURRENT HEALTH SITUATION IN AUSTRALIA



I am going to quote some figures from the Australian Bureau of Statistics on our obesity.

1. In 2014-2015, 63.4% of Aussies above the age of 18 were overweight or obese.
2. 35% were considered at a normal weight range and 1.6% as underweight.
3. The overweight or obese percentage has only increased a bit since 2011-2012 where it sat at 62.8% of the population being overweight/obese.

4. However, in 1995 the percentage of Australians in the overweight/obese category was lower at 56.3%.

I talk strictly from a health point view when I say; we need to change this to become a healthier Australia.

It is not my intention to judge or bring anyone down, I am just highlighting how much we have changed over the years

We're not immune to this as a country

The US, Mexico, New Zealand, Hungary and many other nations are in a similar situation too. Not only do we need to change factors associated with weight. It's imperative we start moving more too

WHO IS THIS GUIDE FOR?

The answer is simple...

For anyone wanting change and needing a nudge in the right direction

You might be someone:

1. Wanting to lose weight
2. Needing to get moving or into training
3. Someone looking for the right answers in a world of misinformation

Whoever you are, I truly believe this guide will help you immensely. I have put together important information which I have either come across or learnt over the past 12 years as a trainer.

Please don't take this info for granted

This is the information which I believe, can truly change your life. It has for many training with us at Ignite, you just have to give it a go yourself

BEFORE WE GO ON

Please remember, this is just a guide

It may be a kick-start to your health regime or an addition to what you are already doing, there may be times or instances where you need to seek help from a health practitioner or the guidance of a coach or trainer online, or even better, in person

Take note, there could be stretches or exercises that may not produce a result for you. There are no guarantees, the body is a complex piece of machinery and everyone is different

So here goes, let us start off with all the sections and tips I want to cover:

- Mindset
- Nutrition programming
- Lose weight by sleeping more
- Walking
- H2O
- Food labels
- Planning your meals and buying whole foods
- Don't put it on your trolley and try online shopping
- Plate full of vegetables
- Alcohol
- Freeing up your body
- The joint health program we use
- See a health professional
- Get your cardio and strength work weekly

Yes... it is a big list, but please don't feel overwhelmed

It's time to believe in you a whole lot more, and start chipping away as follows:

1. Choose a step
2. Implement
3. Create the habit
4. Choose another step and repeat

GET YOUR MINDSET RIGHT, BECOME MORE AWARE OF...YOU...

In the time I have spent training people, there is one thing that I have definitely come to a conclusion on

No matter what the training plan is, no matter what nutritional guidance was given, if the individual I was training lacked or had no internal awareness, then there was only so far that I could take them.

Plain and simple, some of my clients really needed to engage in learning more about themselves, what their triggers were or how they could increase their resilience

What are you doing to develop yourself?

What are you doing to fine tune your thoughts or more importantly, how you react to them

My honest belief is most of the population could benefit from some form of counselling or emotional coaching. Many of the population struggle to get through a stressful time at work without feeling the need to self-medicate with such things as alcohol, food or drugs

Quite frankly we need to get better at dealing with... ourselves

Your success in almost anything you do hinges on your ability to deal with life

Be honest with yourself and have a really good think about whether you could benefit from taking a step toward getting some personal coaching or counselling; it may be the best thing you have ever done for yourself

I'll tell you something before I go on

I once went through quite a tough period in my life with my mental health. I guess you could say I went through a bit of depression/anxiety. I booked an appointment with the doctor, went on a mental health plan and booked some sessions in with a psychologist

It was the best thing I could have ever done at that point in my life

I don't want to elaborate, but I pledge to you, whomever you are, get your head right and then life is so much better

DO THE BEST NUTRITION PROGRAM

So... what is the best nutrition program?

Answer:

The one you FOLLOW 😊

Look some plans I believe are better than others and I understand some of us are intolerant to particular food groups, but there is a point where you have to actually knuckle down and choose a program that you are going to follow start to finish and hopefully implement for the rest of your life

I personally don't agree with shake diets or juice this, lemon something or other. They can be a bit of a "circuit breaker" for some, but you must question whether some of those diets are actually sustainable?

There are nutrition plans out there which are quite balanced, which offer the correct servings of fruit, veg, protein and fats, which are also designed specific to your goals

It is of my strong belief and recommendation; you follow a plan which has a considerable focus on...

CALORIES

We don't really know how much to eat anymore, serving sizes have gone through the roof. It's time we stopped guessing our calories.

Find a plan which details a daily calorie target which is designed specifically for...

You 😊

Some nutrition program recommendations from me:

- Set up an appointment with a qualified nutritionist or dietician
- Matt O'Neills Metabolic jumpstart challenge - It has been great for my clients
- Flex Success - I have sat in on a very detailed webinar from these guys, they're fantastic
- Precision Nutrition - Leaders in nutrition programs and courses

LOSE WEIGHT BY SLEEPING

I don't want to get too technical with you, but lack of sleep can cause weight gain. Sleep deprivation can stuff around with your hormones, which can affect your appetite and increase your general hunger

Sleep most certainly affects how you function and a lack of it can interfere or muddle with your decision making

Does tired and lethargic YOU, make great decisions?

IN PARTICULAR... great food choices?

Hmmmm?

Hey, I am definitely an individual who likes to get the most out of every day

I have a friend who almost feels like sleeping is more of a hindrance than a benefit

Unfortunately/fortunately, however you'd like to think of it, it is a necessity

Getting the most out of everyday means having the appropriate energy for it

So...

Switch off the tele, stop work, remember your project can wait till tomorrow and tuck yourself into those cosy sheets. Your body needs it

A SPECIAL NOTE: If you struggle with sleep, snore or anything else which is relatable, then it is worth considering seeing an ear, nose and throat specialist. This is out of my scope

However...

After a lengthy discussion with my dentist about the topic, it seems many of the population suffer from some serious breathing dysfunctions.

If you don't breathe very well whilst sleeping, wake up tired no matter how long you sleep

Then it is worth investigating a little further

An Ear, Nose and Throat specialist might be someone to book an appointment with

DAILY WALKS – GET IN YOUR 10,000 STEPS

Do it, get out there and make time for a health igniting walk!

This could be your starter exercise if you haven't done much for a while or otherwise a great addition to whatever you are doing at the moment

If you are thinking about getting into some running, then it is highly recommended you spend a few months getting your feet, other joints and your breathing right by doing these walks as often as possible.

There is a lot of research suggesting the health benefits of walking

Daily walks are encouraged a lot to the members of Ignite. Many of you need to unplug and de-stress, so a decent walk should be more of a go to exercise

Let's put it this way, if you are producing high levels of cortisol because your sympathetic nervous system is on overdrive, then you are possibly going to have some troubles losing weight

Get your hormones on your side, make more time to go out and walk

And get your 10,000 steps in daily

DRINK MORE WATER

You do need to buy that 2L water canister and you need to carry it around with you everywhere like it's your newborn baby. Not only that, but you actually have to get through it, maybe even a bit more and all in one day

Yes you do!

Sure, you may have to go to the toilet often, but if your health is a priority, then a few more visits to the lavatory shouldn't be a problem

The hope is, you should want for more movement anyhow

Have water with every meal, start your day with a good amount of water with breakfast, forever change the way you consume H₂O

I guarantee at the least, you will feel better for it

I'm sure feeling better will aide you in making more informed choices often

And what do you think making better choices is going to help you with?

Yes, quite possibly your nutrition

I recommend going out and purchasing a water bottle or two, maybe even three!

And place them in areas where you going to use them

Look it is all about choices at the end of the day. I have had clients tell me they don't even think about drinking water even if they have a bottle sitting right in front of them

The thing is...

If health is important to you, then you have to make an effort to start thinking differently

Get your bottles sorted and start drinking the H2O

AVOID LABELS AS MUCH AS POSSIBLE

A client I spoke to the other day admitted that he found reading food labels quite difficult. It of course cued me perfectly to say... "you don't need them"

Look I know it's hard to avoid it at times, but you'll run into less problems buying as much fresh food as possible whilst trying to steer clear of "food" with elaborate packaging and labelling

I put food in quotation marks because you have to question whether it is real food if the product can sit on a shelf or in a cupboard for several months without decomposing

It's great to see there is a new star rating system on the side of packaged food products. It does give us an idea of what "might" be healthy for us to consume, but I still feel you'll have greater success eating food where the only ingredient is....

drum roll please

THE INGREDIENT!

You're pretty safe with a lot of these choices

The other day I noticed a 4 star health rating on an iced coffee drink, I mean seriously!?! How is this even right?

If you do your shopping say once a week, you should find it's your fridge that fills and empties, not so much your cupboard

You'll spend a lot less time actually trying to analyse the crap out of...

Insert packaged product

And whether it's better or healthier than *insert other packaged product*

So what should you be buying you may ask? Look at the next point

PLAN YOUR MEALS, BUY THOSE WHOLE FOODS

So yes, as stated above, fewer packages

Purchase as many items as possible which are whole foods (least possible processing as possible) but you do need to plan your meals every week

Whatever days you have off, you do need to spend that time planning breakfast, possible snacks, lunch and dinner. Yes it's hard sometimes, tedious, even overwhelming but it's your best course of action

This I am sure will tie in well with your desired nutrition program

You can make or cook meals that will last a couple of days or I think one of the best things you can do is freeze some of those meals for that "busy day".

Especially for times when life turns a bit pear shaped and cooking a meal at the end of a crazy day seems almost more detrimental to health, rather than beneficial

Spend some time planning out your week. It's ok to eat the same food some days

Your meals don't have to be complex!

We had Matt O'Neill from the Metabolic Jumpstart Challenge do a guest presentation for the Ignite members and I remember him talking about what he consumes on a daily basis. Some meals/snacks he eats are the same

But like I what I have been saying, he still plans out his meals. And I recommend you do too

DON'T PUT IT IN THE TROLLEY AND TRY ONLINE SHOPPING

Less impulse, more time

Who doesn't want more time? I know I do

My wife and I have started doing most of our grocery shopping online. I definitely think there is less opportunity to impulse buy. We are more likely to just click on the items that we need

But you know what?

You probably need to test it yourself to see whether that concept works for you. Maybe it may give you more access to the items that you probably need less of

Nonetheless it seems to be working for us and it is saving us time. I have a client who has organic fruit and veg delivered every week. It is seasonal produce, so it will require some creativity at times when planning or cooking meals

A little bit of creativity is a good thing in my opinion. There seems to be a lot of supermarket chains or businesses that are offering home delivery or click and collect for your groceries I say give it a go, but plan those meals first!

PLATE FULL OF VEGETABLES

This is a bit of a repeat of the above, but many of us need the reminding. I really believe more veg is going to have a huge impact on your health. Eating more vegetables of course more often is going to be beneficial to you on many levels in particular from a nutrient density point of view.

I challenge you to start your day, (along with a lovely tall glass of water), with some vegetables for or with your breakfast

Mushroom, tomato, spinach, grilled capsicum, vegetables in a frittata you planned for and cooked the day before

Hey, be as creative as you want

There are tons of recipes online, do the research and start using those veggies more often. What's a good amount of veg?

In my opinion...

Aim for about 3 x cups of veg over the course of the day

Or if you find you eat more at night. Maybe have a larger portion at dinner time

You can't go too wrong with increasing your vegetable intake, so I say go for it

YOU MUST CUT DOWN YOUR ALCOHOL INTAKE

I believe every trainer, nutritionist or health professional of similar nature has asked their clients whether they consume very much alcohol and I can guarantee the answer would be somewhere along the lines of...

"No I don't drink that often".

We conveniently forget about the drinks we had after the lovely midweek dinner date, which of course was after the dessert we couldn't say not to! It was just the "couple of glasses" right?

You had Thursday night off, but Friday you had a catch up with the "friend" who is insistent that you have drinks with them

There is NO WAY you can deny them of such an activity. Without alcohol between you and your friend, there is no friendship, you may even fail to exist!

Saturday you were stuffed, it's been another HUGE week

It's cold, or maybe it's hot, but nonetheless you were in need of some relaxing beers or a bottle of wine at home whilst watching your favourite show on the box.

You deserve it... yeah?

Sunday... Damn! Another weekend gone and it's back to work again tomorrow

Do you have another drink? Oh hell why not, you haven't had much to drink this weekend right?

Whether or not this is your exact pattern, I am pretty sure it is close for some of you.

Please take note, for it is time you realise this very strong point:

You will NEVER lose the weight your heart desires, nor will you keep it off UNTIL you first realise that you probably drink too much and way too often

Until you realise and understand the pattern you are in and make a conscious decision to act upon it, you will remain stagnant if not go in the opposite direction of what you desire. In other words, you will continue to gain weight.

A saying I have heard a few trainers mention is "You can't out train a s@#t diet"

This saying is applicable to alcohol consumption too

When Monday comes along and you're on the treadmill again trying to undo the damage you've done over the weekend, (which was most likely Wednesday to Sunday), you're just not going to achieve the results you initially were striving towards.

For the love of your body, your health! Give the alcohol a good rest

You're going to feel so much better for it. And less alcohol pushes you closer to your weight and health goals

TO THE MOVEMENT BIT...

Please be careful with some of the material here. It is awesome stuff

But...

You may not be ready for some of the exercises

I will outline those which I think are a little more advanced

All in all

This is a great collection of ideas for you to practice

Please take your time and be patient

And do these exercises at your own risk

TRY THIS JOINT HEALTH PROGRAM

Here is a great warm up sequence that Scott Sonnon has developed, the system is called Intuflow.

We use this system as a warm up before every Boxing & Kickboxing For Fitness class. It's been fantastic!

This is a system which you can do as a daily practice

If you do this on the daily, it could be one of the best things you ever do in terms of feeling and moving better.

Here is the link to his stuff: <http://www.intu-flow.com>

FREE YOUR BODY

I loved bodybuilding.

To be honest I first started training and lifting weights when I was 18 and for the main purpose of attracting the opposite sex, but this is a story for another time.

My passion for lifting weights and getting “big” turned in a career in the fitness industry when I was 24

I was a big guy, but a big guy in pain a lot of the time

There were areas of tightness in my body I just couldn’t shake

I spent minimal time on stretching and had no real concept of what is actually most important to each and every one of us

So what’s most important?

Movement is

I remember doing one of my first personal training sessions with Matthew Beecroft from Reality Self Defence and Conditioning. He got me to position myself into a hip flexor stretch.

Let me tell you right now, it was almost mission impossible

I was so tight, inflexible, it was a bit of a shock to the system. I neglected something I should have been paying more attention, which of course was my flexibility

The reason why Matt was getting me to do a hip flexor stretch was because I was experiencing knee pain from playing social basketball and after working on it for a couple of weeks, you know what?

The pain disappeared

The knee pain could have quite easily turned into something else. It could have turned into knee surgery or multiple physio visits, but stretching saved the day

Now, as I stated before there are of course no guarantees but again I am going to suggest say a vast majority of the population could benefit from spending more time on stretching

Think of it this way, when you get up in the morning you most probably spend time

- sitting at the breakfast table
- sitting in the car to go to work
- sitting at your desk for 8 hours or more
- sitting again in your car to go home

Then what do you do? More sitting I bet

If you go to the gym, are you sitting again?

I hope you understand what I am trying to say here

We spend a lot of time hunched over

So anyhow, enough of my blab, you want some stretches or mobility/strength exercises don't you? Well here are a few I have learned over time

Some of the stretches may not be to Yogi standards, but they have worked well for my clients. You can of course choose to immerse yourself further into the practice by attending some yoga classes

PLEASE BE CAREFUL, don't bite off more than you can chew and take your time

Build up slowly on some of these stretches or exercises

WHY SHOULD YOU?

WHAT BENEFIT?

Basically Gray Cook's Theory talks about the joints in the body being like a stack, with some joints requiring more movement and others requiring more stability

Generally...

If there is a lack of mobility in a more mobile joint, for example your hips, it may force or borrow movement from a joint that requires more stability such as your Lumbar Spine

The lack of movement you have in your hips, (that is if you are aware of it), may be the reason you are having so much trouble with your lower back, or even your knees! The same can be said about your Thoracic spinal region. If you lose mobility in this area, you may be struck with shoulder or neck issues.

So why do all these weird stretches or exercises?

Because they may just alleviate the pain you are experiencing but for the biggest part will help you to move more effectively

Of course I am going to say this to you all:

Movement is one of the MOST IMPORTANT aspects of your life

We must all endeavour to move well for not only ourselves but for our loved ones too

One other point before you get started, please focus on breathing through each movement. There is to be no breath holding, you have to learn to breathe into your stretches.

(Select the [blue](#) link on any of the following to see a demonstration)

[Hanging](#) - BE CAREFUL I'd recommend that most of you need to start off by hanging with your feet still on the ground. When you feel like you are ready for it, hang with feet elevated. Here is a more detailed look at hanging from the guy that I first learnt the concept from Ido Portal: <http://www.idoport.com/blog/hanging>

[Scapula pull ups](#) MORE ADVANCED, CAN BE DONE WITH FEET ON GROUND - Great for shoulder mobilization and strength. Also known as an active hang. Please again refer to the link above for a more detailed explanation.

[Scapula push ups](#) - MORE ADVANCED, CAN BE DONE ON KNEES FIRST - Why are you doing this exercise? Again this is for shoulder health as well as strength and stability.

[Brettzel](#) - A lot of bang for your buck on this one. A great stretch for your thoracic area as well as your hips and quads. This stretch has so much benefit if performed properly.

[Rib pull](#) - Similar to the Brettzel, but the focus of this stretch is more for your thoracic region.

[Quadruped t spine rotation](#) - More mobilization of the thoracic region. Remember that neck pain? This could save you, my friend.

[Camel to Childs pose](#) - This can be a bit "full on" for those of you that are really tight. You may want to start by doing your child's pose then going into a light backbend with your hands in the small of your back. Glutes on or squeezing your butt is also important when going into your camel or backbend, please remember to focus on your breathing too.

[Ankles \(against wall, straight and knee bent\)](#) - Very straight forward. Refer to video

[Squat](#) - I talk a bit more about how the squat has been almost a godsend for me in the latter paragraphs

YOU DO NEED TO BE CAREFUL

Here is some more info from Ido Portal on the resting squat

<https://www.facebook.com/portal.ido/posts/689489121091838>

This will take some time to get used to. Some of you may need to skip this for your knees might not agree with the position. There are health professionals out there that may try and steer you well away from doing any sort of squat if you are having knee issues

HOWEVER, I do encourage you to think of the cultures which spend most of their time resting in a squat position. You can guarantee these cultures have the least amount of knee and back issues, but often will squat during break or meal time

So is the squat bad?

You be the judge

[Squat to kneel](#) - You might want to consider doing this before the squat. Yes, I know you're saying well why isn't this before the squat? Well I want you to try the squat first

SEE A HEALTH PROFESSIONAL

I am going to talk to you about 2 health professionals I personally recommend in Adelaide.

Seeing these two health clinicians has helped with getting my body back into alignment and better function

The same can be said for my clients too!

I do want to talk about a few experiences that myself and my clients have had with either one of the two clinicians that I shall mention

Greg Pladson

Diagonal Road Chiropractic, Warradale

Greg, I am going to say changed my “back health life”. He's a chiropractor that I went to that sorted my lower back pain in just a few sessions. He was the first person to talk to me about doing the full squat to help reset my hips. The main issue with my lower back pain, (in my honest opinion), was my hips going out of alignment. Practicing the squat on a daily basis really helped to keep my hips in alignment, which stopped the onset of pain.

Matt Towers

Kensington Road Osteopathy,
Kensington Park

Matt is an amazing Osteo. I went to Matt to sort out other issues that I had going on with my body, in particular when I was training up for my Russian Kettlebell Certification level 2. I was getting some left knee pain and some shoulder pain which he miraculously fixed. His treatment definitely helped me with my preparation for the RKC 2, but what I do want to mention is the fact that many of my clients have benefited greatly from Matt's expertise.

One of my clients states she couldn't imagine her life without the treatment that she had received from Matt

It was a “game changer” for her

She had been experiencing some shoulder pain, which was not resolved through seeing physios or other health practitioners

After a few adjustments with Matt Towers, her pain is officially gone

I have had other clients who have had success seeing Matt too, my trainer was actually the one who got me to see Matt in the first place

He too, has had great client results by referring to Mr Towers

GET YOUR CARDIO AND STRENGTH WORK IN WEEKLY

There would have to be thousands of programs or training methods online you have access to, you've just got to pick one and follow it

If you are unsure, then find a trainer you deem capable of showing you an appropriate way to train

I'll say this, ask around, look for client results and don't just focus on trainers delivering weight loss

My advice is to also to look for a trainer that focuses on getting you to move better

You should want not only for weight loss, but also a gain in strength and mobility during the process

I believe it is a huge component in feeling better overall

Movement is one of the most important parts of your life, so I urge you to do more of it

A reasonable week of training might be something like this:

- 2-3 strength workouts
- 3 plus cardio workouts
- Daily walks
- Making some time for stretching such as yoga, doing some breath work/ meditation for recovery

It may sound like a bit to do, but it can be done. The daily walking is pretty important in itself (as we have spoken about earlier).

You don't have to spend hours at time doing some of the workouts I believe 30 minutes is enough, you just need to be focused on moving often. A workout could be going out and kicking a ball with your kids and turning it into a bit of a game where you do a few push ups in between kicks.

Hey I know!

Right now it may sound tiring, but you want results don't you? Then get used to doing the work almost whenever you can. You can do this, believe in yourself, start moving forward and Ignite your life once again!

So where to from here?



Quite a bit of info huh?

You've done well, pat yourself on the back

Of course, implementation is key. But do you know what else is really important?

Getting help

Also...

It's not so much of a question of

"How do I get there?"

The question we all need to start asking more of is...

"Who will help me get there?"

I believe myself and the team at Ignite, are the ones who can help you

Or without a doubt, we will point you in the right direction

If you want some help or guidance, then here is what I have to offer you:

FREE 30 minute Health RE-IGNITION call

We can help you, it's time you took the leap

[**CLICK ON THIS LINK TO BOOK YOUR CALL**](#)